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Woman's Page

Study the Nutritive Values of Diets for Your Child—Children
Should Be Fed According to Their Weight—Not Alto-
gether Age—Sleep Is Better Tonic for a Growing
Child's Appetite—Economy Croquettes a
Splendid Recipe for Using Yesterday's
Scraps of Cold Meat, Etc.

HOW TO FEED YOUR CHILD

To feed your child for health, it is
necessary to study the nutritive value
of certain diets for children so that
they may have the proper food to
grow, play and be healthy and happy
on.

The items in the accompanying diet
lists are arranged with due consider-
ation to nourishment and economy.
They list the foods a child may have.
The mother must select the foods she
thinks most appropriate. With a lit-
tle thought she may provide a great
variety in her child's diet. It is not
intended that she should use all the
items mentioned for one meal. Chil-
dren should be fed according to their
weight and not altogether according
to the age indicated in our charts.

Solid foods must be introduced
gradually after one year of age, in
the diet of a baby of normal weight.
One meal a day should be given con-
sisting of cereal gruel or jelly, properly
salted and served with milk, a
piece of zwieback or crumbs of bread
made into a soft pap with milk, or
occasionally an egg boiled for two
minutes and thickened with bread-
crumbs.

Care must be exercised not to over-
feed the child at this period; see
that baby feeds slowly and teach him
to masticate thoroughly. The ap-
pearance of the stools and the con-
dition of the tongue are the guides
to overfeeding. If the stools con-
tain undigested matter and the
tongue be coated, the quantity of the
food should be reduced. If these signs
are accompanied with fever a dose
of castor-oil should be administered.

Bread should never be given when
it is fresh or soft. Always serve it
stale enough to crumble. It is some-
times best to cut it into small
squares and put it into the oven until
it is browned through. Vary the
kinds of bread from the diet lists.
Never give hot bread or biscuits.

Cereals are given after the eight-
eenth month and are very good for
growing children. One cereal a day
is sufficient, best given at breakfast.
It must always be well cooked, be-
cause undercooked cereals are a fre-
quent cause of indigestion. Teach
your baby to eat them with a little
salt—no sugar—plenty of milk and
some cream.

Vegetables are a necessity for
healthy babies past eighteen months.
Potatoes must be thoroughly baked and
served with a small amount of butter
mashed up with it. Spinach, aspara-

gus-tips, carrots and cauliflower
should always be cooked soft and
crushed fine. Give only one vegeta-
ble at a time, once daily, until two
years of age, when a green vegeta-
ble may occasionally be given in ad-
dition to potato.

Meats are given sparingly at first.
A tablespoonful of scraped rare beef
is mixed with baby's baked potato
for the first week or two; the quan-
tity being gradually increased and
variety brought about slowly. Up to
three years of age the meats should
always be carefully cut up fine or
shredded.

Desserts should be given sparingly
after the eighteenth month, and then
only occasionally as a treat and to
vary the diet. They should all be
simple in their makeup, no pastry be-
ing allowed. These rules apply un-
til a child is ten years of age. Candy
should never be allowed until after
the second year, and then but one
piece of pure candy may be given
after the midday dinner, twice week-
ly.

Children after the second year are
often undernourished by their food
and do not gain in weight. This is
frequently due to too much of one
kind of food being given, rather than
not enough. Try more variety in
diet at this period.

The midday meal should invari-
ably be the heartiest meal for chil-
dren of any age, supper being the
lightest. Special attention should be
directed to breakfast after the fourth
year. Children too often are allowed
to hurry at this meal. Every child
should have one-half hour for break-
fast.

Too much play and excitement fre-
quently spoil a child's appetite. At
such times do not force children to
eat, but put them to bed earlier so
as to overcome such exhaustion prop-
erly. Sleep is better than all tonics
for a growing child's appetite.

CITY COUNCIL APPOINTS FIRE- MEN.

Park City, May 8.—At the regular
weekly meeting of the city council
a number of bills and claims were
allowed and the treasurer reported
that the city had a cash balance of
\$15,832.91. It was decided to begin
the work of graveling Main street at
once and to repaint the bandstand.
The names of Storm Pratt, E. P.
Tracey, William King, Frazier Buck
and Rex Potts were confirmed as
members of the fire department.

FREMONT'S FIRST VIEW OF THE GREAT SALT LAKE

(Continued From Page Five)

ably remain there undisturbed by In-
dians, it will furnish matter of spec-
ulation to some future traveler."

In 1891, a party headed by E. A. Mc-
Daniel, an Ogden editor, visited "Fre-
mont Island" and made special search
for "the brass cover," but found no
trace of it.

In the spring of 1893 a party con-
sisting of C. F. Middleton, J. M.
Brown, William Burch, James Burch
and one other man, a sailor, crossed
over to Fremont or Wenner's island,
and reported finding the remains of
the camp on the shore made by the
Fremont party.

In his report, Fremont sets up the
claim that his little party was the
first to visit the islands in the lake
and because things were so different
from their first hopes, he called the
island Disappointment.

"Out of the drift wood we made
ourselves pleasant little lodges, open
to the water; and, after having kind-
led large fires to excite the wonder
of any straggling savage on the lake
shores, lay down, for the first time
in a long journey, in perfect security,
no one thinking about his arms. The
evening was extremely bright and
pleasant, but the wind rose during
the night, and the waves began to
break heavily on the shore, making
our island tremble. I had not expect-
ed in our inland journey to hear the
roar of an ocean surf; and the strange-
ness of our situation and the excite-
ment we felt in the associated inter-
est of the place, made this one of the
most interesting nights I had during
our long expedition."

In the morning, the surf was still
heavy on the shore, and, after a hur-
ried breakfast, the party re-embarked.
It required all the strength of the
crew to force the boat through the
water against the wind and tide. Some
soundings were taken, but a storm
was threatening so but little was de-
termined.

Just at noon the party landed "on
a low point of mud immediately un-
der the butte of the peninsula," or
little mountain. This point is prob-
ably just south of the Southern Pa-
cific track and on land now occupied
by salt ponds.

"Mr. Preuss set off on foot for the
camp, which was about nine miles
distant; Basili accompanying him, to
bring back horses for the boat and
baggage."

"The rude looking shelter we raised
on the shore, our scattered baggage
and boat lying on the beach, made
quite a picture; and we called this the
Fisherman's Camp."

"The horses arrived late in the af-
ternoon, by which time the gale had
increased to such a height that a man
could scarcely stand before it; and
we were obliged to pack our baggage
hastily, as the rising water of the
lake had already reached the point
where we halted. Looking back, as
we rode off, we found the place of
recent encampment entirely covered."

"The low plain through which we
rode to the camp was covered with a
compact growth of shrubs, of extra-
ordinary size and luxuriance. The
soil was sandy and saline, flat val-
leys, resembling the beds of ponds that
were bare of vegetation, and covered
with a powdery white salt, being in-
terspersed among the shrubs. We
reached the camp in time to escape
a thunder storm which blackened the
sky, and were received with a dis-
charge of the howitzer by the people
who, having been unable to see any-
thing of us on the lake, had begun to
feel some uneasiness."

When the county and state finish
the shale road now planned to ex-
tend to Little Mountain, it will be an
easy matter to view the lake from
the same point that the Fremont party
first beheld it.

The explorers do not appear to
have moved far from the little fort, but
on the 12th of September, started
north to rejoin the balance of the party
at Fort Hall and the next day Fre-
mont wrote:

"Taking leave at this point of the
waters of Bear river, and of the geo-
graphical basin which enclosed the
system of the rivers and creeks which
belong to the Great Salt Lake, and
which so richly deserves a future de-
tailed and ample exploration, I can
say of it, in general terms, that the
bottoms of this river (Bear) and of
some of the creeks which I saw, form
a natural resting and recruiting sta-
tion for travelers, now, and in all time
to come. The bottoms are extensive;
water excellent; timber sufficient;
the soil good, and well adapted to
grains and grasses suited to such an
elevated region."

"A military post, and a civilized
settlement, would be of great value
here; grass and salt so much abound.
The lake will furnish exhaustless sup-
plies of salt. All the mountains here
are covered with a valuable nutri-
tious grass, called bunch grass, from
the form in which it grows, which
has a second growth in the fall. The
beasts of the Indians were fat upon
it; our own found it a good substi-
tute; and its quality will sustain any
amount of cattle and make this truly
a bucolic region."

That is the kind of report on the
valley of the Great Salt Lake that
Fremont sent back from Fort Hall
to his military superiors. And by
this time the whole country knew that
the war department had ordered Fre-
mont to come back and that he was
traveling so fast that no message
could now overtake him, the first or-
der having been suppressed by his
wife, the daughter of Senator Ben-
ton.

His report on the lake and the coun-
try adjoining it was accompanied by
a great mass of technical information
never before given, such as altitude,
longitude and latitude of many places,
character of soils, rocks and miner-
als and the water supply. He saw
things with the eye of a newspaper
reporter and scientist combined and
there can be no doubt that his re-
ports had a determining influence in
the subsequent setting of the valley
by the pioneers of four years later.

From Fort Hall the Fremont party
followed west along the Oregon trail
to the Columbia and down that stream
to Fort Vancouver where they were
the guests of Dr. McLaughlin, the

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- 1 Pin Cushion
- 1 Design for Towel End
- 1 Shirtwaist for Cross-stitch
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- 1 Spray of Forget-me-nots
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- 1 Sofa Pillow
- 2 Odd Underwear Designs
- 1 Corset Cover
- 2 Bow Ties
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- 1 Fern Leaf
- 1 Baby Dress Design
- 1 Dolly, size 5 x 5 inches
- 1 Spray of Violets
- 1 Anchor for Sailor Suit
- 1 Jabot
- 1 Butterfly Design
- 5 Designs for All-over Work
- 1 Bird Design
- 1 Bulgarian Scarf
- 1 Sailor Suit Set
- 1 Grape Design
- 1 Towel End Design
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- 1 Spray of Forget-me-nots
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ery

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- 1 Scissors Case and Back
- 2 Sprays of Ferns
- 1 Spray of Jasmine
- 1 Spray of Tulip
- 2 Jabots
- 1 Spray Wild Rose
- 1 Shirtwaist Design
- 1 Anchor
- 1 Wheat Design with Leaves
- 1 Dolly, size 5 x 5 inches
- 1 Bulgarian Pin Cushion
- 1 Bulgarian Border
- 3 Small Borders
- 4 Borders for Scalloping
- 1 Butterfly for Collars or
Waist
- 1 Smaller Butterfly
- 1 Powder Box Cover
- 1 Spray of Wheat
- 1 Shirtwaist for Punch
Work
- 1 Medallion
- 2 Sprays
- 1 Extra Large Butterfly
- 1 Bulgarian Dolly
- 1 Forget-me-not Bow Tie
- 1 Box Cover
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THE SPECIAL CALL OF THE GOSPEL AGE

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The Church of Christ—Jesus the Head.
The Church the Body—Anointed to
Be Kings and Priests—Special Train-
ing For Office—Who May Qualify For
Election—Terms and Conditions to
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Christ the Necessary Qualification.
Suffering With Christ—Three Classes
That Enter the Race For the Prize.
Only One Will Be Successful.



PASTOR RUSSELL

Pastor Russell, whose
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DRAMA OF CRE-
ATION is being
produced daily in
many cities,
preached today
from the text, "If
any man will
come after Me, let
him deny himself,
take up his cross
and follow Me."—
Matthew 16:24.

First the Pastor showed that God
had foreseen the entrance of sin and
death into the world, and had pur-
posed in Himself before the creation
of the world a great Plan for man's
recovery from sin and death conditions,
to be accomplished through a King-
dom. This great Kingdom will differ
from all others in that its monarch
will be a King and a Priest. For this
reason Christ is said to be "a Priest
after the Order of Melchizedek," who
was a reigning priest.

The Pastor then explained that God
had foreordained that whoever would
be appointed to this office of King and
Priest must first demonstrate his
worthiness by manifesting obedience
to the Heavenly Father, even unto
death. The first to be given oppor-
tunity thus to qualify for this great hon-
or was Jesus, who offered Himself at
His baptism. For three and a half
years He was thoroughly tested to
demonstrate His loyalty to His con-
secration vow. When on Calvary He
cried, "It is finished!" He referred to
His sacrifice of Himself, His demon-
stration of obedience to the Father's
will, even to the death of the cross.

The Gospel Call.

Continuing his argument, the Pastor
demonstrated that although more than
eighteen centuries have passed since
God raised Jesus from the dead to be
a Prince and a Savior, yet the world
is still unsaved. Meantime, he declared,
God has been calling out a special
class for a special purpose. Those
who hear this Gospel call are privileg-
ed to become, upon certain conditions,
members of this class which God is
selecting—"Body of Christ, which
is the Church." Not until this Body,
of which Jesus is Head, is completed
will God's Plan for the world's salva-
tion be carried out.

The Pastor then stated the terms
and conditions of eligibility to mem-
bership in this Body of Christ. God
extends the invitation, and nominates
those who accept it; but each must
elect himself by compliance with the
terms of the call. This call is a desire
to come to God. Some have it from
birth; others get it at their mother's
knee, or through a hymn, a sermon,
etc. Whatever points to Christ as the
Way to God constitutes an invitation.

Walking in the Narrow Way.

To those who turn away from sin
and accept Christ as their Redeemer,
the Savior says, "If any man would
come after Me, let him deny himself,
take up his cross and follow Me." The
Pastor explained that to deny one's
self is to give over one's self-sufficien-
cy, one's desire to do one's own will,
and to accept instead the Divine will.
Whoever does this dies to earthly am-
bitions, hopes and desires, and in their
stead receives Heavenly ones.

The Pastor then showed that to take
up the cross is not always understood
by the one starting in the narrow way.
Gradually he perceives that it is the
crossing of self-will with the Divine
will. But if his consecration is genu-
ine, the child of God will learn to re-
joice in every trial. The Heavenly
Father will cause the way to open be-
fore him, and will with every trial pro-
vide the way of escape.

To follow Christ signifies patient con-
tinuance in cross-bearing. Each one in
the narrow way must thus demonstrate
his loyalty to God and to the prin-
ciples of righteousness. This does not
mean that the flesh must be perfected,
but the New Creature—the new will.
The unintentional weaknesses of the
flesh are covered by the robe of Christ's
righteousness. Therefore the New
Creature is privileged to grow in
Christlikeness.

The Church, Which is Christ's Body.
Whoever takes these steps comes into
the spirit-begotten Body of Christ, the
Church, declared the Pastor. This
spirit-begotten took place at the mo-
ment when, having presented their
bodies living sacrifices, they were ac-
cepted of God. Then they became
members of the Body, all of whom
have the same anointing as had their
Head. This anointing came upon Jesus
at His baptism. On Pentecost it flow-
ed down to the Body, the Apostles be-
ing the first members. Since then, each
one coming into the Body comes under
this anointing. Those who press on
faithfully unto death will become mem-
bers of the Body of Christ in glory.



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1846 and became, or rather made, him-
self, military commander and civil
governor of California and commit-
ted the unpardonable sin of licking
the Mexicans before the regular army
could arrive under command of Gen-
eral Kearney. He was slow to re-
linquish his authority to Kearney who
had him arrested and sent back to the
states in 1847, not like Columbus, in
chains, but under military guard.

And, be it further noted—such is
the irony of fate—the husband of Jes-
sie Benton, the proud daughter of
Senator Benton, the Mormon-eater,
made the return trip from California
guarded by a detachment of soldier
boys from the Mormon battalion.

Once more Fremont came "back to
the states" in trouble with his mili-
tary superior but such a popular hero
that the charges against him were dis-
missed.

In 1853, Fremont made another fa-
mous trip to California and in 1855
the newly formed Republican party

selected him as its first candidate for
president.